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| 1. Record Nr. | UNINA9910457688203321 |
| Autore | Bach Patricia A |
| Titolo | ACT in practice [[electronic resource]] : case conceptualization in acceptance & commitment therapy // Patricia A. Bach, Daniel J. Moran |
| Pubbl/distr/stampa | Oakland, Calif., : New Harbinger Publications, c2008 |
| ISBN | 1-60882-630-9 1-60882-629-5 |
| Descrizione fisica | 1 online resource (354 p.) |
| Altri autori (Persone) | MoranDaniel J |
| Disciplina | 616.89/1425 |
| Soggetti | Acceptance and commitment therapy Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references (p. [309]-323) and index. |
| Nota di contenuto | An orientation to ACT -- Clinical behavior analysis and the three waves of behavior therapy -- Functional analysis and ACT assessment -- Relational frame theory -- What is case conceptualization? -- Conceptualizing functionally -- Contacting the present moment and perspective taking -- Values, commitment, and behavior change processes -- Acceptance processes -- Creative hopelessness : when the solution is the problem -- Bringing mindfulness to clinical work -- Values work -- Defusion and deliteralization -- Willingness -- Acceptance and change -- Pulling it all together -- Epilogue : saying good-bye to Shandra and Rick. |
| Sommario/riassunto | Every psychotherapeutic model needs literature that shows therapists how to conceive of real-life cases in terms of the particular treatment protocols of that model; ACT in Practice will be the first such case conceptualization guide for acceptance and commitment therapy (ACT), one of the most exciting new psychotherapeutic models. |